



National Nutrient Database for Standard Reference
Release 28 slightly revised May, 2016

Full Report (All Nutrients) 90240, Mollusks, scallop, (bay and sea), cooked, steamed

Report Date: June 27, 2017 07:26 EDT

Nutrient values and weights are for edible portion.

Food Group : Finfish and Shellfish Products

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Proximates					
Water	g	70.25	--	--	59.71
Energy	kcal	111	--	--	94
Energy	kJ	466	--	--	396
Protein	g	20.54	--	--	17.46
Total lipid (fat)	g	0.84	--	--	0.71
Ash	g	2.97	--	--	2.52
Carbohydrate, by difference	g	5.41	--	--	4.60
Fiber, total dietary	g	0.0	--	--	0.0
Sugars, total	g	0.00	--	--	0.00
Sucrose	g	0.00	--	--	0.00
Glucose (dextrose)	g	0.00	--	--	0.00
Fructose	g	0.00	--	--	0.00
Lactose	g	0.00	--	--	0.00
Maltose	g	0.00	--	--	0.00
Galactose	g	0.00	--	--	0.00
Starch	g	3.69	--	--	3.14
Minerals					
Calcium, Ca	mg	10	--	--	8
Iron, Fe	mg	0.58	--	--	0.49
Magnesium, Mg	mg	37	--	--	31
Phosphorus, P	mg	426	--	--	362
Potassium, K	mg	314	--	--	267
Sodium, Na ^a	mg	667	--	--	567

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Zinc, Zn	mg	1.55	--	--	1.32
Copper, Cu	mg	0.033	--	--	0.028
Manganese, Mn	mg	0.029	--	--	0.025
Selenium, Se	µg	21.7	--	--	18.4
Vitamins					
Vitamin C, total ascorbic acid	mg	0.0	--	--	0.0
Thiamin	mg	0.012	--	--	0.010
Riboflavin	mg	0.024	--	--	0.020
Niacin	mg	1.076	--	--	0.915
Pantothenic acid	mg	0.366	--	--	0.311
Vitamin B-6	mg	0.112	--	--	0.095
Folate, total	µg	20	--	--	17
Folic acid	µg	0	--	--	0
Folate, food	µg	20	--	--	17
Folate, DFE	µg	20	--	--	17
Choline, total	mg	110.7	--	--	94.1
Vitamin B-12	µg	2.15	--	--	1.83
Vitamin B-12, added	µg	0.00	--	--	0.00
Vitamin A, RAE	µg	2	--	--	2
Retinol	µg	2	--	--	2
Carotene, beta	µg	0	--	--	0
Carotene, alpha	µg	0	--	--	0
Cryptoxanthin, beta	µg	0	--	--	0
Vitamin A, IU	IU	5	--	--	4
Lycopene	µg	0	--	--	0
Lutein + zeaxanthin	µg	0	--	--	0
Vitamin E (alpha-tocopherol)	mg	0.00	--	--	0.00
Vitamin E, added	mg	0.00	--	--	0.00
Tocopherol, beta	mg	0.00	--	--	0.00
Tocopherol, gamma	mg	0.00	--	--	0.00
Tocopherol, delta	mg	0.00	--	--	0.00
Vitamin D (D2 + D3)	µg	0.0	--	--	0.0
Vitamin D3 (cholecalciferol)	µg	0.0	--	--	0.0

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
Vitamin D	IU	2	--	--	2
Vitamin K (phylloquinone)	µg	0.0	--	--	0.0
Lipids					
Fatty acids, total saturated	g	0.218	--	--	0.185
4:0	g	0.000	--	--	0.000
6:0	g	0.000	--	--	0.000
8:0	g	0.000	--	--	0.000
10:0	g	0.000	--	--	0.000
12:0	g	0.002	--	--	0.002
14:0	g	0.013	--	--	0.011
15:0	g	0.005	--	--	0.004
16:0	g	0.138	--	--	0.117
17:0	g	0.008	--	--	0.007
18:0	g	0.049	--	--	0.042
20:0	g	0.001	--	--	0.001
22:0	g	0.001	--	--	0.001
24:0	g	0.000	--	--	0.000
Fatty acids, total monounsaturated	g	0.082	--	--	0.070
14:1	g	0.001	--	--	0.001
15:1	g	0.000	--	--	0.000
16:1 undifferentiated	g	0.015	--	--	0.013
17:1	g	0.001	--	--	0.001
18:1 undifferentiated	g	0.053	--	--	0.045
20:1	g	0.009	--	--	0.008
22:1 undifferentiated	g	0.001	--	--	0.001
24:1 c	g	0.001	--	--	0.001
Fatty acids, total polyunsaturated	g	0.222	--	--	0.189
18:2 undifferentiated	g	0.014	--	--	0.012
18:3 undifferentiated	g	0.006	--	--	0.005
18:4	g	0.006	--	--	0.005
20:2 n-6 c,c	g	0.002	--	--	0.002
20:3 undifferentiated	g	0.003	--	--	0.003
20:4 undifferentiated	g	0.009	--	--	0.008

Nutrient	Unit	1 Value Per100 g	Data points	Std. Error	3.0 oz 85g
20:5 n-3 (EPA)	g	0.072	--	--	0.061
22:4	g	0.001	--	--	0.001
22:5 n-3 (DPA)	g	0.005	--	--	0.004
22:6 n-3 (DHA)	g	0.104	--	--	0.088
Fatty acids, total trans	g	0.009	--	--	0.008
Cholesterol	mg	41	--	--	35
Amino Acids					
Tryptophan	g	0.173	--	--	0.147
Threonine	g	0.629	--	--	0.535
Isoleucine	g	0.692	--	--	0.588
Leucine	g	1.226	--	--	1.042
Lysine	g	1.258	--	--	1.069
Methionine	g	0.487	--	--	0.414
Cystine	g	0.204	--	--	0.173
Phenylalanine	g	0.597	--	--	0.507
Tyrosine	g	0.503	--	--	0.428
Valine	g	0.645	--	--	0.548
Arginine	g	1.101	--	--	0.936
Histidine	g	0.314	--	--	0.267
Alanine	g	0.912	--	--	0.775
Aspartic acid	g	1.572	--	--	1.336
Glutamic acid	g	2.390	--	--	2.031
Glycine	g	1.761	--	--	1.497
Proline	g	0.487	--	--	0.414
Serine	g	0.613	--	--	0.521
Other					
Alcohol, ethyl	g	0.0	--	--	0.0
Caffeine	mg	0	--	--	0
Theobromine	mg	0	--	--	0

Footnotes

^a Samples were obtained from 12 retail stores using a probability-based sampling plan. Some fish had been treated during processing to retain moisture on thawing. Untreated fish = 265 mg sodium/100g.